



The Body ReNEWS

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We will be closed on Monday, Dec. 24th through Tues, Jan. 2nd. Please plan accordingly.

Cataplex B—Important for Today’s Hectic Lifestyles

Cataplex® B contains the B complex vitamins B₁, B₃, and B₆. The members of the B-complex group of vitamins work together to metabolize fats, proteins, and carbohydrates. They are each singularly responsible for many important physiological processes involving both physical and mental health. Thiamine (vitamin B₁) provides energy for the cells by breaking down carbohydrates into simple sugars. It is also required by the heart muscle to keep it strong and pumping efficiently.

Niacin (vitamin B₃) is essential for cell respiration,

protein and carbohydrate metabolism, and lipid synthesis. This vitamin may help lower sugar cravings, as well. Niacin and vitamin B₆ both are able to improve circulation and help maintain healthy cholesterol levels in individuals who already have healthy levels.

Vitamin B₆ (pyridoxine) breaks down and synthesizes amino acids. It regulates and maintains the fluid balance throughout the body, and helps with nervous and musculo-skeletal system functions by maintaining a proper sodium and potassium balance at the cellular level. Vitamin B₆ is required to synthesize the

important nucleic acids RNA and DNA, which carry genetic instructions for normal cellular growth and reproduction. It also helps in the production of hydrochloric acid necessary for digestion.

Cataplex® B is helpful during stressful times and helps to shut off the over-thinking brain, which allows for better sleep.

Today’s fast-paced life-styles and lack of nutrients because of a fast-food diet can lead to insufficiencies, usually at times when our bodies require even greater amounts of certain nutrients to meet the body’s increased demand.*

During the month of December, Cataplex B will be 10% off the regular price. Cataplex B comes in a bottle of 90 tablets regularly priced at \$9.50 and a bottle of 360 tablets regularly priced at \$35.00.



Self Care Classes Beginning in January

Starting in January, Sandy will be doing self care classes once a month. The first class is about foot care. In this class, you will be instructed and participate in learning techniques for self massage and maintenance on your feet, specializing in myofascial trigger point therapy.

Classes are limited to five people per session. The classes will be offered on January 9th and again on January 23rd. We will have two classes each day, one at 12:00 pm and one at

5:00 pm. Classes will last approximately one hour and the cost is \$15 per person.

We will have a sign up sheet at the front desk during the month of December. Since the class size is limited, it’s a first come first serve basis. Payment will be required to hold your spot and is non-refundable.

****PRIZE DRAWINGS****

We will be giving away weekly prizes during December. Everyone who makes a purchase during the week will be entered in that week’s drawing. You will only be entered once per week. We will pick several winners per week and will be drawing on Dec. 7th, Dec. 14th, and Dec. 21st.

Cheese Ball

- 1 8-oz cream cheese, softened
- 1 6-oz garlic cheese
- 1/2 c. parmesan cheese
- 1 tsp. Worcestershire sauce
- 1 c. chopped nuts (chopped fine)

Soften and blend cheeses and remaining ingredients. Form into a ball. Roll in paprika. Serve with party crackers.

This has been a family tradition in the Powers family for years and years. We have this cheese ball every Christmas and New Year’s Eve.

Gluten—Free, Cream Cheese Sausage Balls

- 1 lb hot or mild turkey sausage, uncooked
- 8 oz cream cheese, softened
- 1 1/4 cups gluten-free Bisquick
- 4 oz cheddar cheese, shredded

Preheat oven to 400F.

Mix all ingredients until well combined. (If using a KitchenAid mixer, use the dough hook attachment). Roll into 1-inch balls. Bake for 20-25 minutes, or until brown.

Sausage balls may be frozen uncooked. If baking frozen, add a few minutes to the baking time.



*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Prevention and Treatment Uses for Coconut Oil

1. Prevent heart disease, high blood pressure, atherosclerosis, and stroke
2. Prevent diabetes and relieve the symptoms and health risks associated with the disease.
3. Support the development of strong bones and teeth.
4. Protect against osteoporosis.
5. Promote loss of excess weight.
6. Kill viruses that cause mononucleosis, influenza, hepatitis C, measles, herpes, and other illnesses.
7. Reduce symptoms associated with pancreatitis.
8. Reduce severity of problems associated with malabsorption syndrome and cystic fibrosis.
9. Relieve symptoms of gallbladder disease.
10. Relieve symptoms associated with Crohn's disease, ulcerative colitis, and stomach ulcers.
11. Relieve pain and irritation caused by hemorrhoids.
12. Reduce chronic inflammation.
13. Protect the body from breast, colon, and other cancers.
14. Prevent periodontal disease and tooth decay.
15. Prevent premature aging and degenerative disease.
16. Relieve symptoms associated with chronic fatigue syndrome.
17. Relieve symptoms associated with benign prostatic hyperplasia (prostate enlargement)
18. Reduce epileptic seizures.
19. Protect against kidney disease and bladder infections.
20. Prevent liver disease.
21. Kill bacteria that cause pneumonia, earache, throat infections, dental cavities, food poisoning, urinary tract infections, meningitis, and dozens of other diseases.
22. Kill fungi and yeast that cause candida, jock itch, ringworm, athlete's foot, thrush, diaper rash, and other infections.
23. Expel or kill tapeworms, lice giardia, and other parasites.
24. Ward off skin infections.
25. Reduce symptoms associated with psoriasis, eczema, and

dermatitis.

26. Relieve dryness and flaking.
27. Prevent damaging effects of UV radiation from the sun such as wrinkles, sagging skin, and age spots.
28. Control dandruff.

Coconut and coconut oil are used in many traditional forms of medicine, such as Ayurvedic medicine. It has been used to treat a variety of conditions such as burns, wounds, ulcers, skin fungus, lice, kidney stones, and choleric dysentery.

Modern medical science is just now beginning to unlock the healing secrets of coconut oil. Research is showing that coconut oil has many practical applications as a medicine. The medium chain fatty acids (MCFAs) in coconut oil help protect against heart disease. The MCFAs also have a powerful antimicrobial effect that can kill a wide variety of infectious organisms, even the supergerms that are resistant to drugs. Coconut oil has proved to be a superfood that is easily digested and utilized to nourish the body. Medical research and clinical experience is continually uncovering additional uses for this miracle oil.

Don't forget the stocking stuffers.

- Spry gum blister packs—\$1
- Spry gum 100-count jars—\$9
- Spry mint tubes—\$2
- Spry gum tubes—\$2.75
- Spry mint 240-count jars—\$9.75
- Spry toothpaste—\$4.95
- Fruit bars—\$1.25
- Protein bars—\$2.75
- SparX candy—\$1.50
- Celtic bath salts—\$4

We also have massage gift certificates. Treat that special person with a massage this holiday season.

All stocking stuffers will be 10% off during December.

Vitamin B Deficiency

The single most nutritional deficiency in America is probably a vitamin B complex deficiency. Most Americans, particularly children and teens have this deficiency, and this deficiency causes a syndrome that mimics dozens of other mental and physical conditions. A vitamin B deficiency causes B Complex Deficiency Syndrome (BCDS). Millions of people are treated with powerful drugs and surgery for conditions caused by BCDS because they are diagnosed as having other conditions.

BCDS causes more problems than all other nutritional deficiencies and imbalances. Symptoms run the gamut from emotional disorders (such as depression, confusion, illogical fears, and even suicide) to heart disorders (such as heart failure, complete heart block, cardiac arrhythmias) and more. With children, the emotional problems are more severe and can include depression, nervousness, anxiety, irritability, mental fatigue, manic depression, paranoid behavior, hostility, rage, vague and morbid fears, and worse.

Vitamin B has two sides, which produce two different ef-

fects in your body. The first consists of the alcohol-soluble B vitamins, which include B4. This group of B vitamins excites and turns on nerves and muscles. This is Cataplex B, and is useful for people with emotional problems and heart disease.

The other side of the B vitamin is a group of B vitamins that are water-soluble. This group of B vitamins relaxes and calms the system. These B vitamins are for the person who is just wound up tight, nervous, unable to relax, tense, and with any heart conditions of vasoconstriction, including high blood pressure and angina. This is Cataplex G₂

Reminder

Our office will be closed on Monday, December 24th and will remain closed through Tuesday, January 2nd. Please plan ahead for your supplement refill needs. Thank you and have a safe and Merry Christmas and a Happy New Year.

